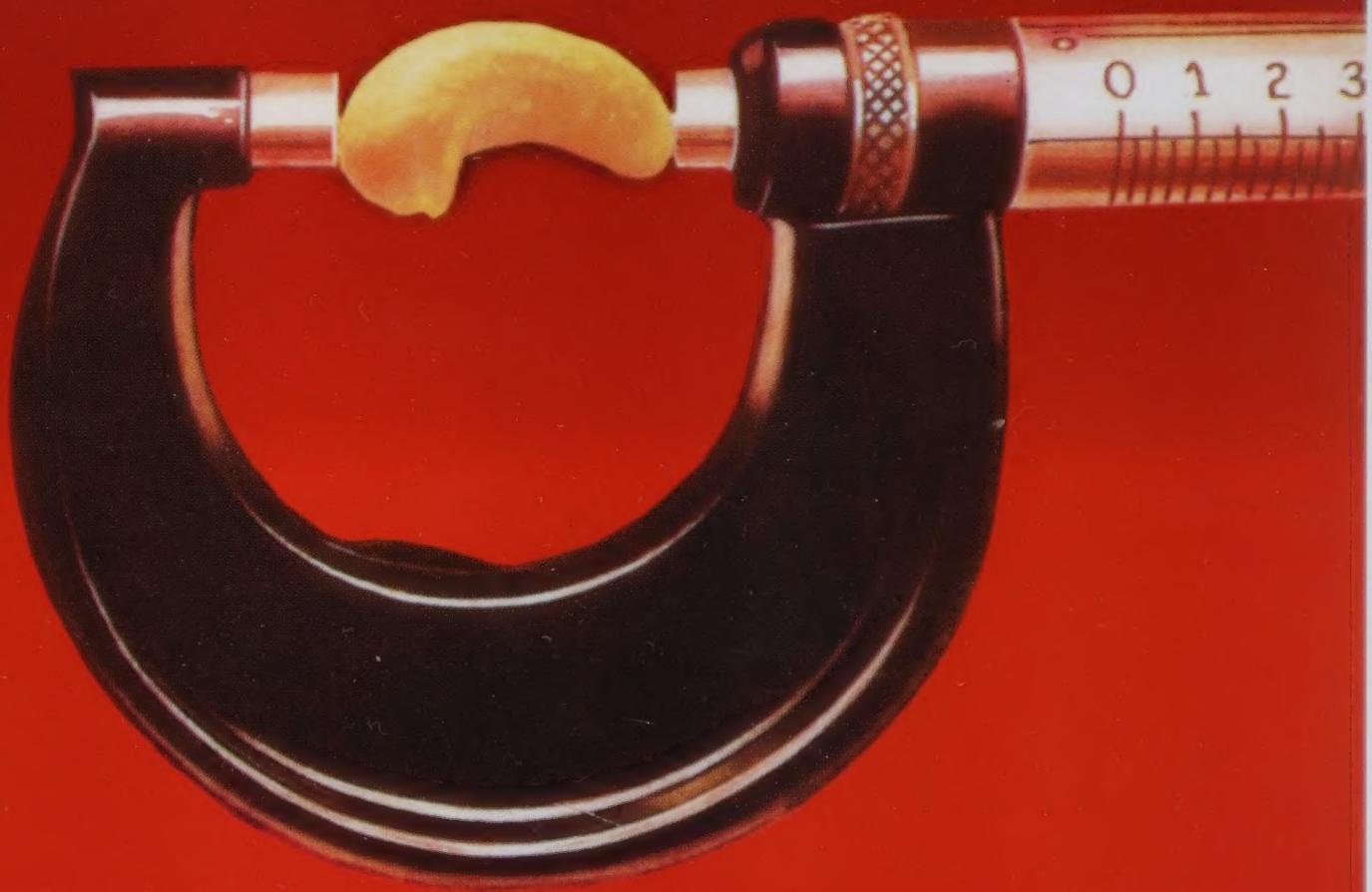


# INDIAN CASHEW JOURNAL



INDIAN CASHEW - THE ZERO CHOLESTEROL NUT

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# INDIAN CASHEW JOURNAL

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The Council takes no responsibility for the statements and opinions expressed by the contributors.

Editor, Printer & Publisher  
**K. Sasi Varma**

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## FOOD FOR THOUGHT

World cashew prices have been remaining at historically low levels for some time now. However, this has not resulted in higher demand for cashews, as one would have expected. This points to a need to increase consumption by expanding the consumer base as well as by finding new modes of consumption. Presently cashew is mainly used as a snack item. Its use as a food ingredient is not widespread.

There is a general perception that all tree nuts including cashews are fattening and are therefore bad for health. This has to be countered and it has to be driven home to the health conscious consumers that nuts can be a healthy component of a well balanced diet. Studies do indicate that nut diets when compared with most reference diets lower total cholesterol, LDL - Cholesterol and LDL/HDL ratio. In free-living people, frequent nut consumption reduced relative risk of myocardial infarction and fatal coronary heart diseases. In large epidemiological studies an inverse relationship of frequency of nut consumption and obesity was observed in all weight categories. Further studies need to be undertaken and take into account different forms and preparations of cashews as well as synergy of cashews and other foods in the diet.

With the ever increasing world crop of cashew nuts we have to build up our ability to increase the demand for cashew kernels. Experience has shown that lower prices alone cannot enable us sell more cashews.

A vigorous marketing campaign based on extensive research studies is called for to sell cashews as a health food. Such promotional programs have to be undertaken by all producers, processors and importers to improve the market share of cashews among the tree nuts.

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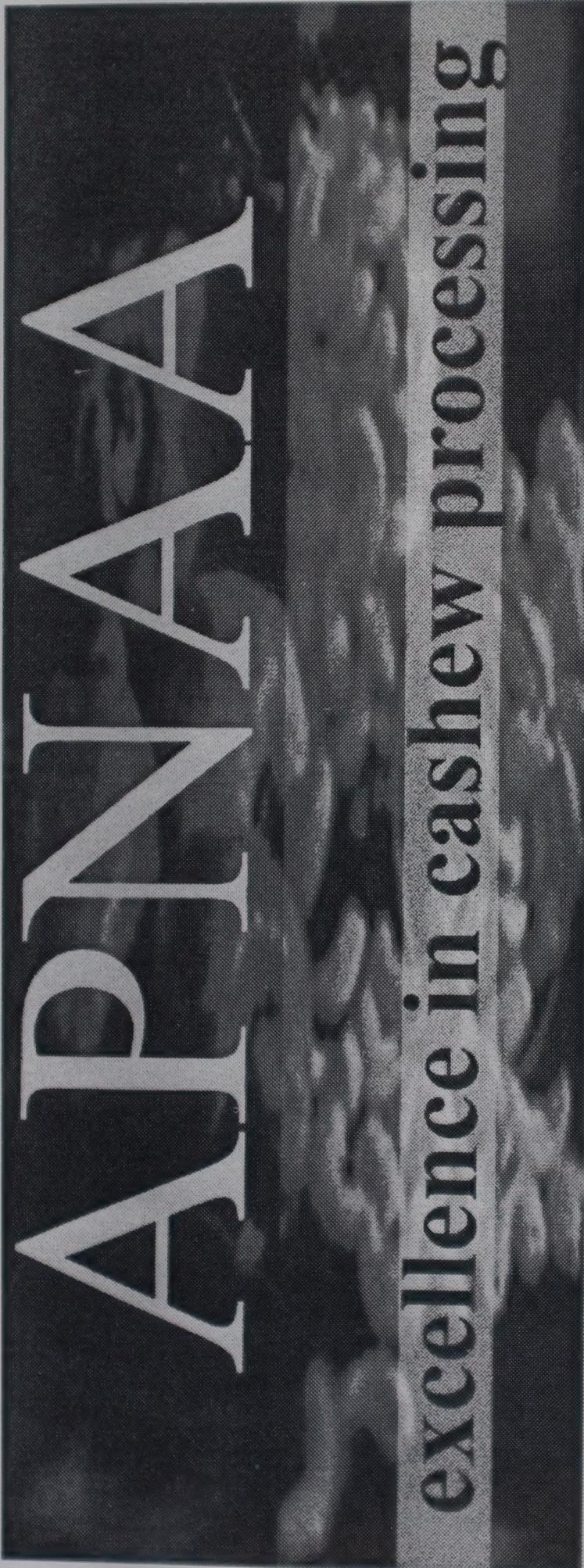
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# **NEW CHAIRMAN AND VICE-CHAIRMAN FOR CASHEW COUNCIL**



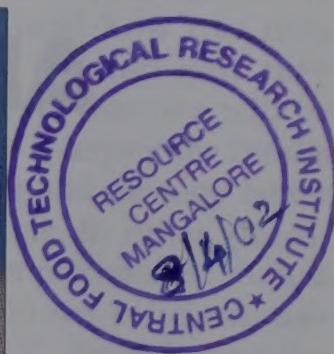
**Shri. K. Krishna Pillai**  
*Chairman*

Shri. K. Krishna Pillai, Chief Executive, M/s. Binod Cashew Corporation, Quilon (member of the renowned DLV group of companies and one of the pioneers in the field of cashew processing and exports in India) was unanimously elected as Chairman of the Cashew Export Promotion Council of India at the meeting of the Committee of Administration of the CEPCI held on 4th October, 2001.

Shri. Krishna Pillai was Vice Chairman of the Council for three terms and has been a member of the Committee of Administration of the Council from 5th September, 1983. He has travelled extensively as leader and member of many cashew trade delegations sponsored by the Council to USA, Canada, Europe, Australia, Japan and South East Asia, representing M/s. Binod Cashew Corporation, a Government of India recognised Trading House. M/s. Krisons Agency, and M/s. Radson Exports are their sister concerns, both of which are Government of India recognised Export Houses.



**Shri. Walter D'Souza**  
*Vice-Chairman*



Shri. Walter D'Souza, Managing Partner of M/s. Fernandes Brothers, Mangalore, was unanimously elected as Vice-Chairman of the Cashew Export Promotion Council of India at the meeting of the Committee of Administration of CEPCI on 4th October, 2001. M/s. Fernandes Brothers are a Government of India recognised Export House and the oldest cashew processing unit in Mangalore. Prior to buying M/s. Fernandes Brothers, Shri. D'Souza had started M/s. Canara Cashew Industry at Uduppi, which caters to the domestic market.

Shri. Walter D'Souza is the Chairman of the Export-Import Committee of the Kanara Chamber of Commerce and is a past President of Mangalore Cashew Manufacturers' Association. He had been nominated to the Board of Trustees of the New Mangalore Port Trusty by the Government of India. It was due to his relentless efforts during his tenure as a Trustee that the container liners were re-introduced from Mangalore after a gap of 7 years. Shri. D'Souza was a member of the CEPCI Trade Delegations to Brazil, Dubai and London and is a recipient of Export Award for Cashewnut Shell Liquid exports from the Governor of Karnataka.

Shri. Walter D'Souza is a member of the National Board of the Lions Foundation in India and serves as its South India Coordinator.



# INTERNATIONAL TREE NUT COUNCIL SCIENTIFIC ROUND TABLE CALLS FOR SYSTEMATIC APPROACH TO TREENUT RESEARCH

The International Tree Nut Council (INC) brought together scientists from a number of countries at a Scientific Round Table to discuss current and future nutritional research on tree nuts. Five scientists presented their own data, as well as additional studies conducted in their respective countries to provide a basis for a larger discussion regarding the potential areas for future tree nut research. The Round Table was held at Vienna on 26th August 2001. The Scientists who presented the papers were Dr. J. F. Diehl, University of Karlsruhe, Germany, Dr. Peter Ellis, King's College, London, UK, Biopolymers Group, Division of Life Sciences, Dr. Mehmet Pala, Yildiz Technical University, Istanbul, Turkey, Dr. Emilio Ros, Hospital Clinic of Barcelona, Spain, Dr. Joan Sabate, Loma Linda University, USA.

It has become increasingly clear that for chronic diseases, such as CVD and cancer, a healthy lifestyle, including a well-balanced diet, is an effective and cost efficient tool in primary and secondary prevention. Current research shows, that nuts can play a major role as part of a healthy, well balanced diet. However, more research is needed on tree nut composition.

With scientifically proven messages consumers should be encouraged to increase tree nut consumption to "a handful per day" as part of a healthy lifestyle/diet. Messages might differ for North America, Europe and Asia-Pacific Region.

To meet these challenges, the links between trade, public relations, health professionals and nutrition/food research has to be strengthened domestically and globally. The link between international research and public recommendations has yet to be realised. INC has been taking a leading role in coordinating and wherever necessary funding international research on health benefits of tree nut to humans. Current research areas funded by INC or individual tree nut boards include:

- Reduction of heart disease risk
- Role of antioxidants in aging and cancer
- Fat absorption and satiety (weight control)
- Glucose metabolism and insulin regulation (diabetes)
- Micronutrient, specifically phytochemical analyses (qualitative and quantitative)

Dr. Joan Sabate, Loma Linda

University, USA, presented an Introduction and Overview of Clinical and Epidemiological Nut Studies Conducted in the U.S. The summary of his observations is as follows:

Large epidemiologic studies (Adventists Health Study: Arch Intern Med 1992;152:1416-24, Fraser et al. Am J Epidemiol 1995; 142(7): 746-58, Fraser et al. Arch Intern Med 1997;157:2249-58; Iowa Women's Health Study: Kushi et al. Nurses Health Study: Hu et al. BMJ 1998;317:1341-5) have shown a clear dose-response relationship between nut intake on various cardiovascular disease (CVD) parameters. In free-living people, frequent nut consumption reduces relative risk of myocardial infarction (MI) and fatal coronary heart disease (CHD). The CARE<sup>1</sup> Study, a somewhat smaller epidemiologic trial, showed comparable but less significant results. Consumption of a serving of nuts (1 ounce = 28 grams) on a daily basis offered the best protection (RR for fatal CHD about 0.6). These findings make a claim for a mechanism of action, but also underline the importance of a whole food approach vs. single ingredients in health promotion/CHD prevention. While nuts have many important nutritional attributes,

<sup>1</sup> Brown L et al. CARE, The Cholesterol and Recurrent Event Study. Paper presented at Experimental Biology 1999. Washington DC, April 17-21, 1999; see also in Hu FB and Stampfer MJ. Current Atherosclerosis Report 1999; 1 : 205-10.

<sup>2</sup> Peanuts are a legume/ground nut



animal studies with peanut<sup>2</sup> oil showed conflicting results. Intervention studies with tree nuts are still necessary.

To date, fifteen published human nutrition studies have investigated the effect of nut-containing diets on serum lipids and lipoproteins (eg. the Loma Linda University Walnut Study by Sabate J et al. *New Engl J Med* 1993; 328:603-7: a cross-over trial with pecans by Sabate et al. *J Nutr* 2001: in press). The studies differed by the type of nuts used, study design, study duration, degree of dietary control and type of controlled diet. Overall, the nut diets, when compared to most reference diets, lowered total cholesterol, LDL-cholesterol, Apo B and LDL/HDL ratio; and increased the Apo A1/Apo B ratio. Interestingly, the observed changes in total and LDL-cholesterol were always larger than predicted by calculation based on changes in dietary fatty acid profile. Therefore, one might assume that other components in nuts, such as phytochemicals, may induce an effect. Also, the rate of CVD protection was larger than predicted on the basis of cholesterol lowering. Going beyond blood lipids, only limited data on the effect of nuts on other determinants of CHD, such as LDL oxidizability, vitamin E status, Lp (a), blood pressure and body weight are available. The last issue is of great public health interest, considering the epidemic of obesity in the U.S. and many other countries. Nuts are perceived as fattening. In large epidemiologic studies an inverse relationship of frequency of nut consumption and body mass index (BMI) was observed in all weight categories. In well-controlled feeding trials no relation was found, but in free-living studies a trend of body weight reduction was observed. Hence, specific studies to investigate the effect of nut consumption on body weight are needed. Beyond the quantitative and qualitative aspects of fat, other nutritional attributes of nuts need to be considered due to their hypothesized antiatherogenic

properties (i.e., dietary fiber, arginine-rich proteins, lysine/arginine ratio,  $\alpha$ -and  $\gamma$ -tocopherol, phytochemicals, magnesium and copper).

Dr. Ellis, who presented an overview on the Bioavailability of Nutrients in Almonds and Other Tree Nuts: A Physico-Chemical Perspective, suggested three potential areas of research.

1. Study the type, amount and function of phytochemicals in tree nuts. Test the reliability of currently available data and consider all technological aspects, such as effects of time of harvest, storage, processing, as well as digestion on quantity and quality of bio-active components.
2. Conduct a detailed analysis on the carbohydrate composition of tree nuts (i.e., starch, sugars and NSP/dietary fiber).
3. Quantify how much of the nutrient content (i.e., fat) in tree nuts is released from the cells during digestion and how much is digested and absorbed. Assess the proportion of nutrients (i.e., fat) that escape digestion and absorption in the gut and are excreted in the feces, and consider the influence of phenolics on fermentation.

Dr. Ellis stressed that if INC funded mechanistic studies of the bio-

availability of nutrients in tree nuts (similar to the approach his group is currently taking with almonds), then in the long term this could save a great deal of funding that would otherwise be spent on numerous clinical trials. He argues, that if we better understand how tree nuts behave in the gut and how they release nutrients, then we will be better placed to interpret the results of clinical trials and develop better clinical protocols. In other words, early funding of mechanistic studies could make more efficient use of funds by INC, by reducing the number of feeding and clinical trials, and improving the experimental design, so that we not only improve our understanding but increase our chances of optimizing the nutritional properties of nuts. For example, minimizing allergen problems and optimizing potential therapeutic and prophylactic benefits - especially in the areas of heart disease, diabetes and cancer.

Tree nuts should be promoted to consumers as a healthy component of a well-balanced diet. In this context, we need to consider the impact of home preparation (recipes) on studied health effects of nuts, and we need to communicate optimal usage of nuts in daily practice. Future studies should take into account different forms and preparations of

## The European Snacks Report

The European Snacks Association will soon be releasing their 2000/01 snack report. The savory snack market is estimated to be 7 million in Europe (25 billion world wide). 20 companies account for an estimated two-thirds of the world's savory snack market - PepsiCo alone accounts for 40%. The outlook is for greater concentration among second-tier suppliers, with manufacturers now using niche opportunities to market new products. Among the key findings:

- ◆ UK has the highest level of consumption and growth.
- ◆ Spain and Germany are growing at about 5% per year, but are still at low levels of consumption. Spain is the fastest growing

market for snack nuts. Growth opportunities lie in introduction of premium products that give snack nuts a more upscale market image.

- ◆ The introduction of flavored nut as a gourmet snack, and strong consumer focused campaigns advocating the health aspects of nuts, has turned around recent market decline.
- ◆ In Italy and France, snacks are generally eaten with the evening meal, as an aperitif or side dish. Placed in dishes and shared, brand identity and loyalty are lost.

UK is the only European country where snacking is pre-dominantly individual.



tree nuts, as well as the synergy of nuts and other foods in the diet (whole food + whole diet approach). Study group size must be sufficient to allow for meaningful results. Besides epidemiological, mechanistic and clinical studies, INC might also consider consumer studies (behavior/attitudes) in order to best position tree nuts with regard to prevention and health promotion.

With regard to a health claim for tree nuts, we should look closely at other

foods or food groups, such as oats, soy, and fruits and vegetables. In comparison to the huge variety of fruits and vegetables, tree nuts are a smaller "food group" and individual nut studies may be relevant to all nuts.

A systematic approach to tree nut research is needed. The best way to achieve this may be to establish a scientific board and have INC act as the coordinating and funding institution.

The Round Table has identified the following topics for future tree nut research:

1. Phytochemicals
2. Carbohydrates
3. Nutrient bioavailability, mechanistic studies
4. Technological aspects
5. Consumer attitudes towards nuts; communication strategies.

(Source: AFI circular dt. 20th Nov. 2001)

## ANTIOXIDANTS' ROLE STILL UNCERTAIN

Insufficient evidence exists to support claims that taking megadoses of dietary antioxidants, such as selenium and vitamins C and E, or carotenoids, including beta-cryptene, can prevent chronic disease, say the latest report on Dietary Reference Intake (DRIs) from the Institute of Medicine of the National Academies, USA. In fact, extremely large doses may lead to health problems rather than confer benefits. But the report does call for increases in daily intakes of vitamins C and E to exploit their role in maintaining good health.

For the first time, the report also sets a ceiling on daily consumption of selenium and vitamins C and E to reduce the risk of adverse side effect from overuse. Dietary antioxidants are nutrients that help protect cells from a normal but damaging - physiological process known as "oxidative stress." Such nutrients are a part of the natural makeup of many types of food, particularly fruits, vegetables and nuts. They also have been added to some foods and are available in the form of dietary supplements. For years, researchers have sought to understand the role

of these antioxidants in reducing the risk of chronic diseases such as cancer, cardiovascular disease, eye diseases and neurodegenerative diseases, which include Alzheimer's and Parkinson's. But many unanswered questions remain.

**Vitamin E** - Recommended daily intake levels also were increased for this nutrient; both women and men should consume 15 milligrams from food. This is equivalent to 22 International Units (IU) of natural-source vitamin E or 33 IUs of the synthetic form. Alpha-tocopherol is the only type of vitamin E that human blood can maintain and transfer to cells when needed. Food source include vegetable oil, nuts, seed, liver and leafy green vegetables.

**Selenium** - The recommended intake level for this nutrient was set at the amount associated with the highest activity of enzymes that guard against oxidants in the body. Women and men should take 55 micrograms per day, the report says. Food source includes seafood, liver, meat, grains and brazil nut.



WORLD  
CASHEW  
CONGRESS  
2001 INDIA

CASHEW - THE MILLENNIUM NUT

## A PHOTO FLASHBACK



*Late Mrs. Suseela Gopalan then Hon'ble Minister for Industries, Kerala inaugurates the World Cashew Congress 2001.*

The First World Cashew Congress, held from 23rd to 25th February, 2001 at the International Convention Centre, Kochi was organised by the Cashew Export Promotion Council of India, Cochin. The Congress was attended by over 395 delegates from 30 countries of which 161 were from outside India. Considering the international cashew industry's need for an opportunity to interact with players globally on areas of common interest, the World Cashew Congress was conceived as one of the most important events on cashew. The objective of the Congress was to achieve the theme "**CASHEW - THE MILLENNIUM NUT**" and to develop and nourish our understanding on the emerging trends in cashew production, processing, marketing, quality requirements, packaging, and consumer expectations worldwide.



Mr. P. Gangadharan Pillai, Chairman, CEPC speaking at the inaugural function of the WCC 2001.

### Inaugural Function

Mr. P. Gangadharan Pillai, Chairman, Cashew Export Promotion Council of India welcomed the august audience to this International Buyer Seller Meet of the global cashew industry, being held for the first time in India.



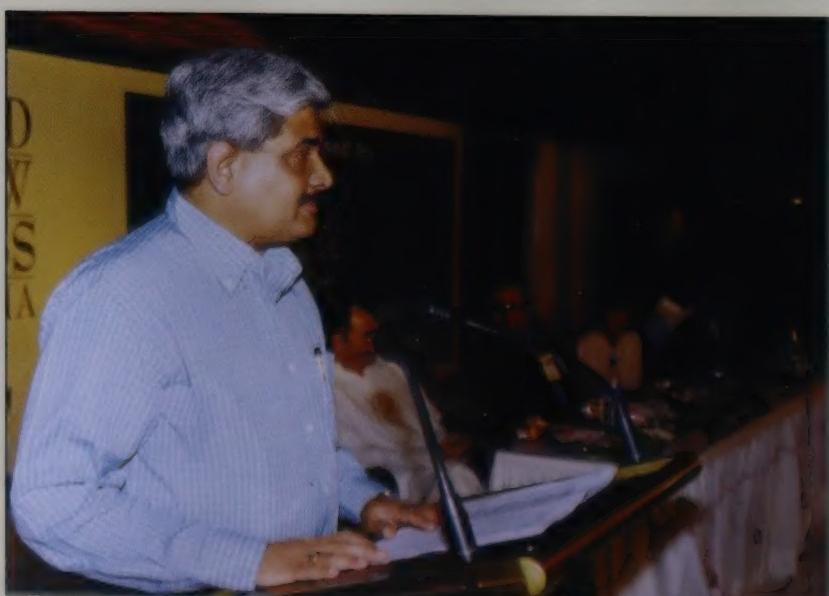
Mr. P. Bharathan Pillai, Former Chairman, CEPC speaking at the inaugural function.

The World Cashew Congress 2001 was inaugurated by Mrs. Suseela Gopalan, Hon'ble Minister for Industries, Kerala, at the Taj Malabar, Cochin on 23rd February, 2001. The Hon'ble Minister applauded the Cashew Export Promotion Council for organising the First World Cashew Congress in India. Cashew has a prominent place in the national economy and recognising its importance, the Govt. of Kerala extends full patronage for development of its cultivation to strengthen the cashew industry and for increasing

the share of the State in cashew exports. Mrs. Suseela Gopalan highlighted the importance of cashew in the international agro-produce market and the role of the Indian cashew industry in attaining and maintaining the prime position in the world market. The Hon'ble Minister also said that Kerala was the leading State in the production, processing and exports of cashew from India. Cashew is also a significant employment generator for the economy of Kerala State.

During the function, Mrs. Suseela Gopalan, Minister for industries released the Souvenir of the World Cashew Congress to Mr. George Kahama, Minister for Co-operatives and Marketing, Govt. of Tanzania, Mr. R. Gopalan IAS, Jt. Secretary, Ministry of Commerce, released the Directory of Indian Cashew Exporters 2001 to Mrs. James Beeny and Mr. S. M. Acharya IAS, Chairman, Karnataka Soaps and Detergents Ltd. released the Recipe Book featuring usage of Indian cashews in cuisine to Mrs. Rosenblatt.

Mr. P. Gangadharan Pillai, Chairman, CEPC presided over the function. Mr. George Kahama, Minister for Cooperatives and Marketing Tanzania, Mr. R. Gopalan IAS, Joint Secretary, Ministry of Commerce, Mr. S. M. Acharya IAS, Chairman, Karnataka Soaps and Detergents Limited and Mr. K. Krishna Pillai, Vice Chairman, CEPC spoke



Mr. R. Gopalan, Jt. Secretary, Ministry of Commerce, Govt. of India speaking at the inaugural function.



Mr. George Kahama, Minister for Cooperatives & Marketing, Tanzania Speaking at the inaugural function.

on the occasion. Mr. P. Bharathan Pillai, former Chairman of the Council proposed the vote of thanks.



Mr. S. M. Acharya, Chairman, KSDL, releases the Cashew Recipe Book to Mrs. Rosenblatt.

A Programme highlighting the rich cultural heritage of India featuring 'Mohiniyattam', 'Kalaripayattu', 'Thiruvathira-Dandiya' dance and instrumental Jugal Bandhi was organised for the delegates.

### WCC 2001 Exhibition

Mr. R. Gopalan, Joint Secretary, Ministry of Commerce inaugurated the International Exhibition organised as part of the World Cashew



Mr. R. Gopalan IAS, Jt. Secretary, inaugurates the WCC Exhibition-2001.

Congress on 24th February 2001. The exhibition featuring over 33 stalls in the Ground Floor of the International Convention Centre depicted all facets of the production, research, processing, packaging, quality improvement, machinery, support services and consumer packs of cashew. The latest technology in the processing, packaging and trading in e-commerce fields were also highlighted by national and international companies from all over the world.



Mr. O. Rajagopal, Hon'ble Minister for Railways visits the stalls at the WCC Exhibition-2001.



A rapt audience watching the cultural programmes.

### Business Session

Mr. O Rajagopal, Hon'ble Minister of State for Railways and Parliamentary Affairs, Government of India, inaugurated the Business Sessions on 24th February 2001. The Hon'ble Minister congratulated the Council for having got such overwhelming response from national and international delegates, exhibitors and speakers for covering all aspects related to the global cashew

industry. He hoped the deliberations will pave the way for better understanding among the cashew producers, processors, traders and users spread in all continents of the world. Cashew can rightly become "The Millennium Nut" with the interaction and coordinated efforts of all present at this Congress.

Mr. P. Gangadharan Pillai, Chairman, CEPC delivered the welcome address and presided over the function. Mr. K. Krishna Pillai, Vice-Chairman,



Mohiniyattom, a traditional dance of Kerala.



Mr. O. Rajagopal, Hon'ble Minister of State for Railways and Parliamentary Affairs, inaugurates the Business session at the WCC-2001



Mr. K. Krishna Pillai, Vice Chairman CEPC introducing the special award winners.



Mr. Henk Zijlmans, The Nut Company, receiving the award from Mr. O. Rajagopal, Hon'ble Minister.



Mr. K. Ravindranathan Nair, Vijayalakshmi Cashew Company, receiving the award from Mr. O. Rajagopal, Hon'ble Minister.

introduced the Award winners and the Hon'ble Minister, O. Rajagopal awarded special Mementos to The Planters Company, U.S.A., received by Mr. P. Bharathan Pillai, on their behalf, to The Nut Company, Netherlands received by Mr. Henk Zijlmans, to The Toyo Nut Company, Japan received by Mr. Hiroto Nakajima and to Vijayalakshmi Cashew Company, India, received by Mr. K. Ravindranathan Nair as a mark of honour for their yeoman service to the International Cashew Industry. Mr. P. Gangadharan Pillai, Kerala



World Cashew Congress - 2001, in progress.



*Mr. R. Gopalan, visits the CEPC stall at WCC - 2001.*

Nut Food Company was honoured at the venue for having led the CEPC as Chairman for 7 terms and serving the industry in various capacities during the past five decades. Mr. George Kahama, Minister for Co-operatives and Marketing, Tanzania, Shri. R. Gopalan IAS, Joint Secretary, Ministry of Commerce, Shri. S. M. Acharya IAS, Chairman, Karnataka Soaps and



*Mr. Hiroto Nakamura, The Toyu Nut Company receiving the award from  
Mr. O. Rajagopal, Hon'ble Minister.*



*Mr. P. Gangadharan Pillai, Chairman, CEPC receiving the award from  
Mr. O. Rajagopal, Hon'ble Minister.*

Detergents Limited, spoke on the occasion. Vote of thanks was proposed by Shri. R. Pratap Nair, Convenor World Cashew Congress.

The business session spread over two days of 24th and 25th February discussed the problems encountered by the rawnut growers, traders and

processors, middle men and the end users. Serious concerns were expressed by all speakers on the recent steep fall in cashew kernel prices. It was pointed out that the fall in prices would make the farmers loose their interest in production and this will seriously hamper the world cashew trade.

The other thrust areas of this Buyer-Seller Meet were new product development through value addition, new end-products based on lower grade cashew kernels, development of transparent CNSL and new usage promotion for cashew as a health food and to expand usage in confectionery, bakery industries and in cuisine and e-commerce for trading in edible nuts etc.



Mr. Peter Morgan making his presentation

Mr. K. Sasi Varma, Secretary, Cashew Export Promotion Council of India introduced the theme of the Congress - "Cashew - The Millennium Nut". Mr. P. P. Balasubramanian, Director, Directorate of



A delegate seeking clarification on a point during discussions.

The first Business Session on 24 February 2001 was moderated by Mr. K. Mohandas IAS, Principal Secretary (Industries), Government of Kerala.

Cashewnut & Cocoa Development presented the paper Cashew Production Scenario in India on behalf of Dr. H. P. Singh, Horticulture



Mr. Russel Lynch making his presentation.



Delegates on a boat cruise in the Kochi backwaters.

# CASHEW RECIPES

## *Fish and flavoured rice*

### *Ingredients*

#### RICE

Jasmine rice	-	300 gm
Fish stock	-	600 ml
Dry prawn paste	-	50 gm
Lemon leaf, shredded	-	3 nos
Saffron	-	1/2 mg
Garlic, crushed	-	3 flakes
Cashew split	-	150 gm
Salt	-	10 gm
Prawn, medium size	-	8 nos
Oil	-	30 ml

#### FISH CURRY

Bream/mullet/seer fish, slices	-	600 gm
Garlic paste	-	10 gm
Oil	-	30 gm
Coconut milk	-	250 ml
Fish sauce	-	30 ml
Sugar	-	1/4 tsp
White pepper powder	-	1 tsp
Onion paste	-	100 gm
Coriander paste	-	15 gm

Red chilli paste	-	15 gm
Basil	-	1 sprig
Lemon juice	-	20 ml
Lime skin, grated	-	1 tsp
Prawn paste	-	15 gm
Salt	-	10 gm
Cashew paste	-	50 gm

### *Method*

RICE : Wash and drain rice. Heat oil and fry garlic, cashew split, prawn paste, lemon leaf, shelled prawns, rice and stir for 5 minutes on medium fire. Add boiling stock, salt, saffron and cook until fully done.

FISH CURRY : Wash and marinate the fish slices with salt, pepper, lime juice, lime skin and keep for 30 minutes. Heat oil and saute onion, garlic, coriander paste, red chilli paste, salt and prawn paste for about 5 minutes, then cook the fish slices by adding coconut milk. Finish with fish sauce, sugar, basil and cashew paste. When cooked, remove and serve with prepared rice.

Accompaniment : Boiled rice and Indian breads.

Portion size : 250 gm fish curry and 200 gm rice.



# CASHEW RECIPES

## Lamb Stew with Cashew Dumplings

### STEW

Lamb cubes	-	800 gm
Carrot, sliced	-	150 gm
Celery, sliced	-	50 gm
Leek, sliced	-	50 gm
Onion cubes	-	100 gm
Mutton stock	-	750 ml
Salt	-	10 gm
White pepper powder	-	5 gm
Nutmeg, grated	-	1/4 tsp
Butter	-	50 gm
Cashew cream	-	50 gm
Saffron	-	1/2 gm

### DUMPLING

Refined wheat flour	-	200 gm
Cashew, powdered	-	50 gm
Cashew, whole	-	50 gm
Salt	-	4 gm

Black cumin	-	1/4 tsp
Butter	-	10 gm
Baking powder	-	4 gm

### Method

1. Sieve flour with baking powder and mix with cashew flour, salt, cumin, butter and keep for 30 minutes.
2. When the dough becomes soft, divide into 16 even sized balls and stuff with one whole cashewnut each.
3. Heat butter in a thick bottomed pan.
4. When melted, add meat, vegetables, salt, pepper and stir for 10 minutes over a low flame.
5. Add stock and half of saffron and simmer for 30 minutes.
6. Add the cashew balls, cover and cook in an oven at 185°C for 1 hour.
7. Finish with cashew cream, butter and nutmeg.
8. Serve garnished with cashew cream and saffron.

Accompaniment : Braised cabbage and bread.

Portion size : 400 - 500 gm.

Portions : 4





*Delegates having one to one discussions.*

Commissioner, Government of India. Mr. Ray Garman spoke on Future of Cashew Business - E-commerce, Mr. Chetan Isharani spoke on E-commerce - An Intermediary's Perspective, Mr. Anders Egehus spoke on Shipping Companies and The Cashew Business, Mr. Martin Carew spoke on MVP - The Solution to Differentiating Your Products Globally and Mr. Tony Stonis spoke on Current Status of the CNSL Market - A Buyers Perspective.



*Delegates having one to one discussions.*

The second Business Session on 25 February 2001, where the Cashew Scenario in different countries was presented was moderated by Mr. S. M. Acharya IAS.

Papers were presented by Mr. Bob Bauer AFI, USA and Mr. Peter Morgan, CENTA, U.K., Mr. Raoul Gamon, INC, Mr. Getachev Gebre Medhin, Common Fund for Commodities, on the role of their respective organisations, Mr. Russell Lynch



*Goan folk dance performance in progress.*

on the US Scenario, Mr. Peter Morgan on the European Scenario, Mr. Barry Guthrie on Australia, Mr. N. B. Doshi on Singapore, Mr. James Beeny on Brazil and Mr. Satheesh Nair on the Indian Cashew industry, Mr. Shahal Hassan Musaliar on the Evolution of the Indian Cashew Industry, Mr. G. Giridhar Prabhu on Prospects for Value Added and Byproducts of cashew and Mr. K. Ravindranathan Nair on the Future of Indian Cashew Industry.

Mr. K. Krishna Pillai, Vice Chairman, Cashew Export Promotion Council of India proposed the vote of thanks.

The Second day had entertainment programmes featuring Goan dances and Saxophone recital.

# JAPAN NUT ASSOCIATION (JNA) CELEBRATES "NUTS DAY" IN JAPAN

Japan Nut Association as a part of its annual programme to promote tree nuts in Japan celebrated 22nd July, 2001 as 'Nuts Day' for the fifth year. One of the many events organised for the purpose of expanding the consumption of the main tree nuts in Japan, this year's event was held in western part of Japan, for the first time.

This year as a part of its promotion programme JNA participated in the Kobe Matsuri (Ocean) Festival, which marks the advent of summer and attracts huge crowds to the tune of more than two million visitors to the fair. The JNA stall at the water front was the hub of activity. Various nuts were displayed at the JNA stall and arrangements were made for spot sale of all nuts which was an added attraction for visitors to the stall. Leaflets were distributed near many stations which contained coupons for complimentary drinks etc. at eight restaurants and one bar which served dishes prepared with nuts from 20th July to 5th August. The recipes of the dishes were also given in the distributed leaflets. Games were also organised at the stall and winners were given free packets of nut. Almost all the JNA members were wearing JNA T-Shirts and caps.

Posters which had names of all the restaurants which participated and small paper boards with catchy phrases were displayed all over the Kobe area. Some small boards encouraged people to eat eels and also nuts (as eels are considered to be a nutritious dietary supplement during the enervating summer months). Another phrase suggested a rhyme between 'na na' and nuts ('na' meaning 7 linking it to the 7th month ie. July). CEPC brochures, recipe book, cashew samples etc.. supplied by the visiting cashew exporters from India were also displayed at the stall.

JNA was also trying to impress upon the public the health benefits of nuts and promote the use of nuts in cooking (along with its present demand as a snack food) which is very important for greater consumption.

The cashew Export Promotion Council of India showed keen interest in JNA's cashew promotion programmes and extended its whole hearted support by way of financial assistance and participation by its member exporters in the event.

Mr. Rajiv Kumar of M/s. Binod Cashew Corporation, Quilon, Mr. G.Krishnan Nair of M/s. Gopinathan Nair & Co., Quilon, Mr. & Mrs. K.N Nair of M/s. Universal Foods, Quilon visited Japan during the festival day representing the Cashew trade from India. They visited the Toyo Nut Co. Ltd. and had discussions with the leading members of the JNA. Mr. Hirato Nakajima President, Toyo Nut (Head of Executive Committee for Nuts Day), Mr. Mashto Ooc, Manager, Purchasing Section, Ms. Kaori Konnai, Manager, Mail Order Department, Mr. Naoya Fuyamora, Manager, Marketing & Sales Promotion, Mr. Don Soetaert, Chairman of the International Nut Council (INC) were present at the meeting.

Mr. Nakajima and others explained the plan for the promotion of Nuts during the Kobe Matsuri Festival. They thanked the Indian Cashew industry for the co-operation and financial support provided by the Council. They expressed their sincere thanks to the Cashew exporters from India for attending the 'Nuts Day' celebration and for visiting the JNA stall at Kobe Matsuri Festival.



Mr. Rajivkumar (Binod Cashew Corpn.) and Mr. G. Krishnan Nair (K. Gopinathan Nair & Co.) with - Ms. Kaori Konnai (Manager, Toyo Nut), Mr. Hirato Nakajima (President, Toyo Nut & Head of Executive Committee for Nuts Day) & Mr. Don Soetart (President, INC) at the Toyo Nut office.



Mr. G. Krishnan Nair (M/s. Gopinathan Nair & Co., Quilon)  
Mr. Rajiv Kumar (M/s. Binod Cashew Corpn., Quilon) and  
Mr. Hiroto Nakajima (Toyo Nut) at the JNA Stall at the  
Kobe Matsuri Festival, Japan (20th July 2001).



# US FOOD WRITERS MR. FRED GRIFFITH AND MRS. GRIFFITH VISIT COUNCIL'S OFFICE

Mr. Fred Griffith and Ms. Linda Griffith, food writers from US, visited India during the first week of August 2001. They were here for gathering material for their forth coming book on culinary uses of nuts around the world. They visited the Council's office on 1st August 2001. Chairman and members



*Shri P.Gangadharan Pillai, former Chairman CEPC explains the different aspects of Cashews especially its nutritive value to the visitors*



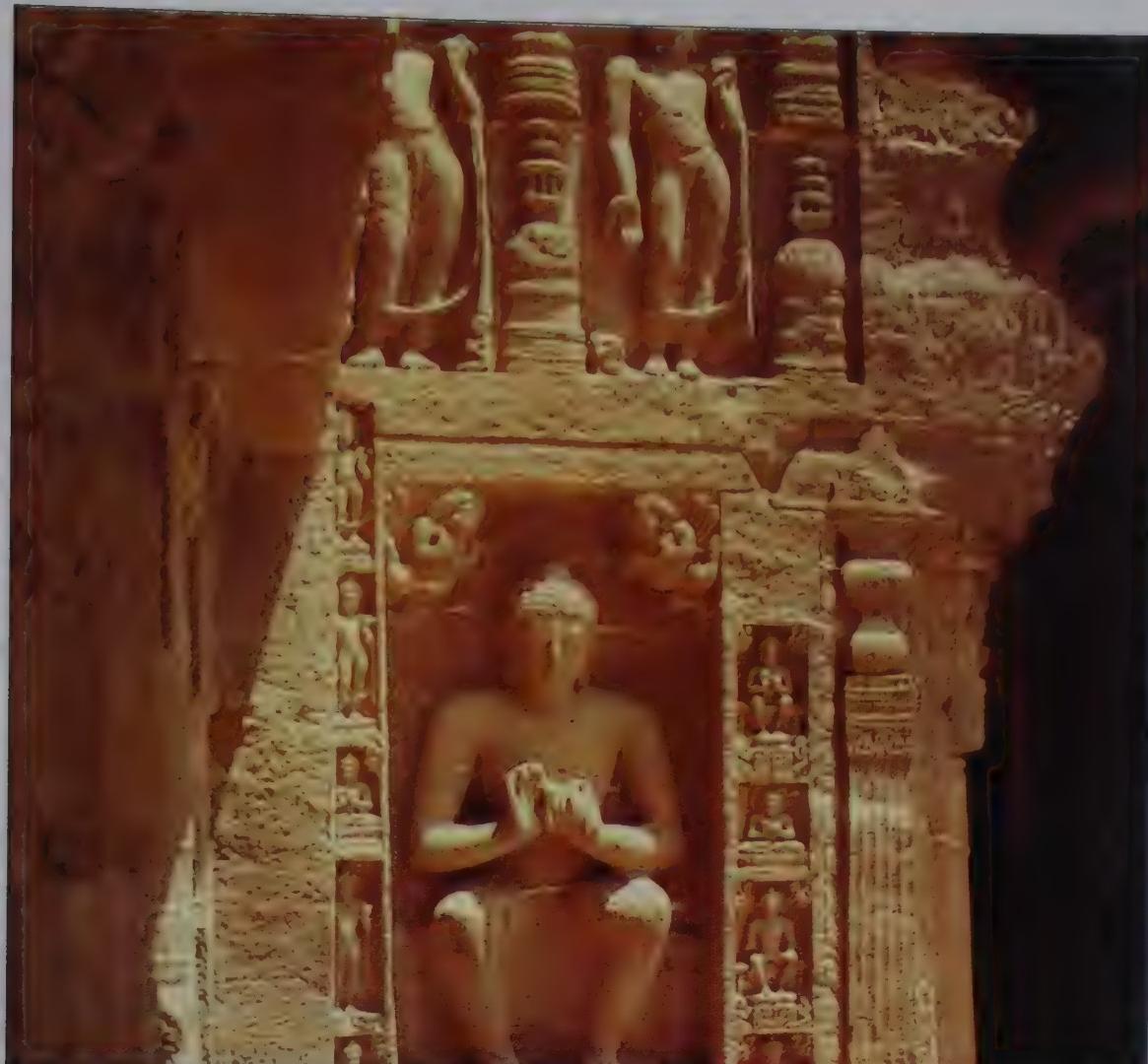
*A demonstration of the preparation of different cashew based dishes arranged at the Taj Malabar Hotel, Cochin*

of the Committee of Administration met them at Kochi and discussed possibilities for utilising their services for popularising cashew based cuisine in USA and other countries. The Council also arranged a demonstration of preparation of some cashew based dishes at Taj Malabar Hotel on 2nd August 2001.



# MAHARASHTRA

*The Cultural Corridor between North and South India.*



Maharashtra, a large segment of the Indian peninsula is triangular in shape. Its western side, the low-lying Konkan coastal strip, rises in a steep parallel to the wooded crests of the Sahyadri range. Then gently it dips down step by step from the Maval terrain to the wide Desh plateau, rugged with gorges of many rivers, the Satpura hills forming its northern border and the Bhamragad-Chiroli-Gaikhuri range its eastern flanks. Climate varies with the changes in topography: the coastal belt experiencing tropical monsoon

conditions, the seasons more marked in the drier plateau region.

It was the Marathi language, rich with its diverse dialects, that, like an umbilical cord, linked those regions where it was spoken and resulted in 1960 in the birth of a new state - its very name 'Maharashtra' being a derivative of 'Maharashtri', an antiquated form of Prakrit. The third largest state in the Indian Union, this vast 3.08 lakh sq.km. stretch has retained its unique and distinctive culture. However, although the majority of its current 662.03 lakh population is born into the Hindu





A view of Sahyadri

fold, being also the 'madhyarashtra' or cultural corridor between the north and south, particularly in urban sectors like Bombay, where there is a cosmopolitan community, Maharashtra mirrors the nation in its avowed secular outlook.

### CASHEW CONNECTION

The Konkan area of Maharashtra is emerging as the largest producer of cashew in India. Helped by a patronising State Government and guided by the Konkan Krishi Vidyapeet (the Agricultural University) the local farmers have taken to setting up cashew orchards in a big way using high yielding graft varieties. All along the Konkan coast cashew plantations vie for space with mango and other horticultural crops. This verdant strip of land stretching from south of Bombay (now Mumbai) upto Goa is a veritable garden of Eden with unpolluted rivers and enchanting scenery.

### HERITAGE

Located in Maharashtra is a massive spread of over a thousand rock-cut cave temples scattered along the mountain ranges of the Sahyadris and Western Ghats, at Bhaja, Kondane, Bedsa, Nashik, Junnar, Pithalkhora and Karla that goes back well over two millenia - marvels of engineering skill and sheer creativity. They were built between 2nd century BC and 9th century AD and represent three major faiths - Hinduism, Buddhism and Jainism, yet they are startlingly similar in their architectural and decorative features.

The 30 early Buddhist caves in Ajanta were accidentally discovered in 1819 and are among the most

famous. These superb masterpieces, often depicting *jataka* tales, have retained through the centuries much of the intrinsic beauty of colour, of masterly line and plasticity, heightened by the nuances of light and shade-they reveal in sequence the life story of the Buddha and a remarkably alive pageant of life as it was lived, hewn out of solid rock - is also a tremendous feat of engineering.

The magnificent 34-cave complex at Ellora in the Desh plateau marks the culmination of cave temple architecture - Ellora is unique because it embodies the spirit of tolerance - here 16 Hindu, 13 Buddhist and 5 Jain shrines of different periods co-exist in harmony. Most stupendous is the Kailasa temple, the world's largest monolith ever sculpted. At Chamber Leni and Pandav Leni near Nashik are the 11th century Jain caves.

Maharashtra also has some interesting *viragals* or memorial hero stones and *kundas* or stepwells dating from the 8th century.

All these spots are easily accessible from Aurangabad - the old southern capital city of Aurangazeb, the Mughal emperor.



Maheshmurti at Elephanta





*Painting of Bodhisattva Padmapani at Ajanta*

Near Aurangabad is Khuldabad, where Aurangazeb built Bibi-ka-Maqbara, a mausoleum for his wife Rabia Durrani. Aurangazeb's own austere tomb lies nearby. There is a 17th century water mill called Panchakki to commemorate the Muslim saint Baba Shah Musafir. About 15 km away is the legendary Daulatabad, an impregnable 166 m high fort on a rocky stretch of land originally built by the Yadavas in 1187, where Mohammed bin Tughlak shifted his capital from Delhi and was later forced to abandon it. The 33 m high Chand Minar here, built in 1435, is an exquisite tower. Around Aurangabad, there are several places of historical interest, and excursion trips are available to all. About 30 km from Aurangabad, near Ellora, is the Krishneshwar temple, one of the 12 *jyotirlinga* shrines. The annual fair is held here on *Mahashivaratri* day. Ellora *Yatra* is held here at this time.

On the bank of the Godavari, Paithan is an ancient seat of learning, where Maratha saint Eknath lived. A fair is held here in March/April to commemorate the saint.

The Pithalkhora caves represent the art of Hinayana period of Buddhism and form a cultural link between Amaravati and Sanchi. At Shirdi is the temple of Sai Baba who was legend in his own time. There are two more *jyotirlinga* shrines at Aundha Nagnath and Parli Vaijnath. At Nanded, the remains of the last Sikh guru are preserved at Sachkhand Gurudwara.

Maharashtra witnessed one of the most glorious phases of Hindu uprising against the British. Shivaji consolidated the Maratha power and reinforced the

existing network of 350 hill forts and wielded great military power. Each of these sites is still redolent with so many tales of romance and bravery and tragedy, kept alive in the local legends. Shivneri was his birthplace, at Pratapgarh he encountered Afzal Khan, Panhala saw him escape the clutches of Siddhi Johar, Purandhar and Raigarh were his military base and capital. The ruins of Maratha *wadas* or manor houses of the Peshwas are still seen scattered around Nagpur, Satara, Nashik, Kolhapur and of course, Pune.



*Vishvakarma Chaitya, Ellora*

Pune is the heartland of Maratha culture. History and progress thrive side by side here. Shaniwar *wada*, the citadel of the Peshwas, Pataleshwara, and 8th century temple, the Parvati temple are situated here. The race course of Pune is one of the best in India and National Film and Television Institute of India is situated here. The Dinkar Kelkar Art Museum at Pune is a fascinating collection that houses myriad objects of Maharashtrian culture.

Pune is at the centre of all the Maratha fortresses. Many trekking routes to the Sahyadri ranges start from here and within easy reach are the hill stations of Khandala, Lonavala, Panhala, Panchgani and Mahabaleshwar.

## **VESTIGES OF THE RAJ**

The British too have left their imprint. The city of Bombay presents some superb specimens of 19th century British architecture that outdo many a city in the United Kingdom itself. Like the Gateway of India on the waterfront, the splendid array of buildings in the Fort area are British in architecture



yet Indian in detail. Starting with the Prince of Wales Museum with its Saracenic dome, the Elphinstone College, the University and its Rajabai clock tower, the pinnacled Law Courts in 'Early English', the old Secretariate and the Telegraph Office, the line moves on to the grand Oriental Gothic Complex: the Municipal Corporation and Victoria Terminus from where, in 1853, the first train in the country set forth. Most impressive is the stately Town Hall with its Doric facade. Near it stands the oldest

Anglican cathedral in Bombay with some of the best marble statues sculpted by leading European artists of the 19th century. Memorials to public figures are also encountered at most street junctions and road side fountains testify to the philanthropy of the citizens. Most ornamental of all is Flora Fountain, perhaps the most regal relic of the Raj.

It was while Bombay was becoming the home of the merchant communities that the city was adorned by synagogues of the Bene Israelis, Parsi agaries, Muslim dargahs and mosques. Pearly Haji Ali on a rocky little tidal islet in the Arabian Sea adds a touch of enchantment to the bustling commercial centre.

Bombay is not only the vortex of India's industrial power, it is also rich in British tradition and probably has one of the loveliest seaside traditions in India. The magnificent area of Marine Drive justly



View of the Ajanta caves excavated in the scarp of a cliff

called the "Queen's Necklace" when it is lit up at night, the Taraporewala Aquarium, the tranquil palm fringed beaches of Juhu, Versova, Marve and of course the ultimate in beach amusement - Chowpatty. Pony rides and fast food vendors who serve myriad *chats* here are the special attractions.

The other places to visit in Bombay are Mahalakshmi, the famous temple of the Goddess of Wealth, Nehru Planetarium, Jehangir Art Gallery where some of the most prestigious art exhibitions are held, David Sassoon Library, the Victoria Gardens now called Veermata Jijabai Bhonsle Udyan, the Hanging Gardens and Kamala Nehru Park, probably the best place to view the 'Queen's Necklace' of Marine Drive.

Easily accessible by launches from Bombay is the island where Elephanta caves are located. Dating back to 6th and 7th centuries, these caves are all dedicated to Lord Shiva and the massive Maheshmurti here, is world famous. The brahminical caves of Mandapeshwar and Jogeshwari also belong to this group.

Matheran is a beautiful hill resort 105 km from Bombay. Hanheri has a cluster of 100 ancient rock cut caves and a national park famous for resident and migratory birds - both very close to Bombay. Another bird sanctuary is situated at Karnala, 64 km from Bombay.

## SOCIAL LIFE

Maharashtrians are basically unostentatious, homeloving people, most frugal in their ways. Simple daily rituals of the household are therefore



Krishneshwar temple near Aurangabad





Daulatabad Fort

made occasions for homely joy. Traditionally, women spend a sheltered existence deriving pleasure in the company of their female friends and neighbours. The haldi-kumkum ceremony, *Hartalike puja*, *tulsi puja*, *Mangala Gauri puja* - these become filled with fun when they play games, sing, whirl in pairs holding hands in the girlish delight of the *phugadi*, or play *kho* in the moonlight. The housewife vies with her friends to excel in colourful *rangoli* designs to adorn the threshold of her house.

## FESTIVALS

And to break the humdrum monotony of existence are festivals. Apart from Diwali, Dussehra and Holi which are celebrated all over the country, perhaps the one most eagerly awaited by all age groups is the lively *Ganesh Chathurthi*. To the accompaniment of beating drums, vigorous dancing and lusty farewells, all over Maharashtra the traditional clay *moorthies* of the elephant-headed god are proudly paraded on the street and then lovingly immersed into the river or sea in the vicinity. Another merry festival which marks the close of the monsoon is *Narali Purnima*. Again thousands gravitate in noisy processions towards the beach where they offer coconuts in homage to Varuna, the sea god. *Gokulashtami* reviving Krishna's pranks is a time of revelry characterised by the formation of swaying human pyramids balancing precariously in the midst of moving traffic in the city. Boisterous cheers of 'Govinda, Govinda' from adjacent buildings spur the one at the apex to reach up for the prize - an earthen

pot filled with curds dangling from a cord tied taut across the street. Maharashtrians celebrate their New Year's day, *Gudi Padwa* by placing at the peak of the roof of the house - a gleaming brass *lota* and a piece of khan draped around it. And on *Makar Sankranti*, they exchange *til laddoo* and sugar drops signifying gentle words of friendship.

It is on festive occasions that the tribal folks indulge in dance. The Warli, Kathkari and Bhil tribals have distinct rhythmic forms of dance. The colourful *Kolyacha naach* of the fishing community is performed by rows of men and women imitating in perfect unison the rowing motions of a boat.

## ENTERTAINMENT

Entertainments are unsophisticated. In villages specially around Kolhapur, men enjoy *kusti* or



The Chand Minar at Daulatabad Fort





The historic pratapgad fort

displays of wrestling. Folk-songs, dance and music have been made popular by itinerant minstrels going from one village to the other, and even towns. The *nandivala* with his bull is a welcome roadside performer who sounds the *gubgubee* or tambourine to attract a crowd. The *bahurupi* on the other hand draws a following simply by his comic opera, impersonations and rhyming, while the *vasudev* with his *murali* or flute and his peacock feathers dances, sometimes in groups. The *dasavatar* or folk-ballet revives in dance drama heroic tales from Hindu mythology. The folk drama of Maharashtra is the *tamasha* with its *lavani* dances and risqué jokes that appeal to the masses.

In this century, Maharashtra and Bombay in particular, played a pioneer role in cinema production in India. Pune and Kolhapur have not lagged behind and the Marathi film has gained popular appeal.

#### DRESS

With the profusion of cotton-growing in the regions of Vidarbha, Khandesh and Marathwada coupled with commercial potential, spinning and weaving received a tremendous boost. Nashik, Kolhapur, Pune and Nagpur thus became trade centres where



The magnificent Kailash Temple at Ellora





Mastani Mahal Kelkar Museum

hereditary crafts and handloom fabrics changed hands. In rural Maharashtra the majority, specially, women, cling to the traditional grab. The nine-yard *lugade* or sari of handwoven finely checked muslin with a broad bright border is worn in the unique *Kashti nesan*. From regions like Bhiwandi and Paithan where Muslim influence prevailed come the most exquisite brocades of silk and *jari* work. Aurangabad too is famous for its *himru* shawls, quilts and saris worked in a mixture of silk and cotton.

As in the rest of India, flowers are always used as an adornment of the hair for girls and married women. But traditional jewellery, its workmanship peculiar to each region, is popular. Besides the earings, chains and bangles, the Maharashtrian woman's main ornament is the nose-ring, studded with precious stones and pearls and often coming almost down to the lip.

## FOOD

Except for the Brahmins, meat and fish are quite often included in the diet. While coastal people partake of preparations of rice, fresh coconut and fish, *bajra* or *jawar chi bhakri*, a coarse unleavened roasted bread, green chillies, onion and spicy salt fish *chutney* is a part of the routine frugal fare. Festive delights might include a mutton curry but *pooran poli*, a wheat and sugar-cane jaggery bread is a must. *Jilbi* a golden concentric circled syrupy sweet, and *shrikand*, whipped yoghurt sweetened and flavoured with cardamom are all-time favourites. Children are kept happy nibbling at shankar pala,

tiny diamond-shaped cookies fried in ghee. The Maharashtrian housewife is ever prone to fasting for the well-being of her spouse but she has cleverly contrived to produce tasty food for days of fast using groundnuts and sago as a base.

## SIGHTS

### Pilgrim centres

Every devout Hindu, at some time or the other, makes a pilgrimage which is not surprising for there are more than 70 sacred places in the State. Five out of the twelve *jyotirlingas* in the country are also found here. Vast numbers congregate to form part of the annual *yatra* or pilgrimage, often enduring the scorching heat on dusty tracts, camping by the wayside near a cooling stream, trudging on, singing and dancing in fellowship. The *jatra* or fair is inviting with its display of fruits, sweets, toys, household knick-knacks, and articles of jewellery or dress.

Pandharpur in Solapur district, often called the "spiritual capital of Maharashtra" seems to draw the largest numbers. The temple of lord Vithoba-titular deity of Maharashtra-existed even before 83 AD, but during the 12th century, saints like Namdeo and Dyaneshwar infused new life into the *bhakti* cult proclaiming equality before God and service to all men. Consequently, besides the traditional Varkaris, Jains and Buddhists and others converge on the sacred hillock chanting refrains while accompanying the gaily decorated *palkis* to the shrine at the time of Ashadi or Karthika Ekadeshi. A horse and buffalo market is part of the attraction, but the highlight is the *rath* or chariot drawn by the devotees, the idols preceded by a horse and a caparisoned elephant.

Many flock to the temple-town of Nashik on the banks of the Godavari where once every twelve years the Sinhasta fair is held to honour Triumbakeshwar - one of the sacred *jyotirlingas*. Another well-known Shaivite centre is Jejuri, 38km from Pune where the shrine of Khandoba, family deity particularly of the shepherd community, attracts lakhs of pilgrims during the months of Chaitra, Pausha and Magha each year. Many ascend the steep flight of steps to the hilltop - the path illuminated with bright *deepamalas* - in order to fulfil vows, often undergoing almost barbaric rituals like hook-swinging, walking on fire and the like.





Parvati Temple

On the full-moon day of Chaitra or Navaratri, the image of the mother goddess Ambabai is taken out in a gorgeous *palki* procession at Kolhapur. Accompanied by a host of devotees, soldiers, trumpeters and penitent women dancing while they balance pots of copper, brass or earthenware. In coastal Konkan in a hill near Chiplun is the shrine of Parasurama, another renowned temple complex which clearly shows in its architecture Islamic influence, and in its interior decor local kunbi woodcarving. Changdeo, situated at the confluence of the Tapi and Purna rivers of Khandesh displays a vigorous type of early Hindu sculpture and architecture and is in fact one of the few surviving specimens of the period prior to Islamic rule of the 13th century. Here activity is confined to devotional exercises at the festival in the month of Magha. After the ritual fast is broken, plays relating to mythological themes are conducted.

In the lush green lakeside, 54 km from Nagpur, Ramtek the legendary resort of Ram and Laxman beckons the pilgrim to idyllic surroundings where the great Sanskrit poet Kalidasa was inspired to compose his epic Meghadoot. The temple complex in medieval brahminical style is around 600 years old. Sikhs pay homage to Sant Guru Gobind Singh at Huzur Sahib Sach Khand Gurudwara which is his last resting place.

To Shirdi in Ahmednagar district, not only Hindus of various sects but also Muslims and others flock in great numbers during Ramnavami, Guru

Purnima and Dussehra to obtain *darshan* of the mystic saint, Sai Baba, widely acknowledged as the living reincarnation of Lord Dattatreya. So do people of all creeds throng in pilgrimage to honour the Virgin Mary in a shrine built at the Mount in Bandra, Bombay. A week-long fair marks the festival, in September. Similarly the *dargah* of the Arab saint Makhtum Fakir Ali Paaru at Mahim, Bombay, who died there in 1431 is venerated by all. A fair held in the Muslim month of Madar is terribly crowded.

### HILL STATIONS

With its varying topography, the State presents a wide range of scenically beautiful spots that are ideal for picnics. Some offer a delightful repreuve from the heat and have therefore gained popularity as summer resorts for city dwellers.

Trekking in the slopes of the Sahyadris between Bombay and Pune is turning into a popular pastime for many. The region is noted for several hill stations. Perhaps the most enchanting is Matheran with its verdant forests abounding in monkeys.

Mahabaleswar, 120 km away from Pune, is another magnificent resort for tourists. But Khandala and Lonavala are more accessible being on the direct route of the Central Railway.



Rajabai Tower, Bombay University



## GAME RESERVES

Quite often these sites teem with wild animals and sometimes man has contrived to simulate conditions for the preservation of species that might otherwise have become extinct. Not far from Bombay, on the coastal road to Goa in an exceedingly beautiful dense forest is the Karnala Bird Sanctuary. Here resides the racket-tailed drongo, and at the start of the monsoon one finds paradise flycatchers and whistling thrushes, and in the winter migrant birds like the blue throat and the large cuckoo. Also on the outskirts of Bombay near the cool expanse of Tansa lake that nestles within the thick jungle roam magnificent specimens of the tiger and panther.



Ganesh Procession

A dam built across the Bor river near Wardha has created an enclosure frequented by colourful birds and the panther, slothbear, sambar, chital, barking deer and wild bear. Another such forest reserve is nurtured by the river Penganga flowing at Kinwat near Nanded. The tiger, bison, panther, antelope and mousedeer find refuge in the woods of Nagzira, not far from Nagpur where two perennial tanks ensure a steady supply of water. And in the verdant river valley at Dhakna-Kolkaz in Amaravati which has been selected for the tiger project, the gorgeous fan-tailed peacock struts supreme among the lesser winged species. Amidst lakes and cascading waterfalls Chikaldara in Vidarbha provides a refuge to much wild game. The haunt of the crocodile is Tadoba National Park, not far from Nagpur. In the dense jungle of Radhanagiri on Kolhapur district a bison sanctuary has been established. Encircled

by the Suki river the dry deciduous belt of Pal and Yawal at Jalgaon teems with a plethora of bird and animal life.

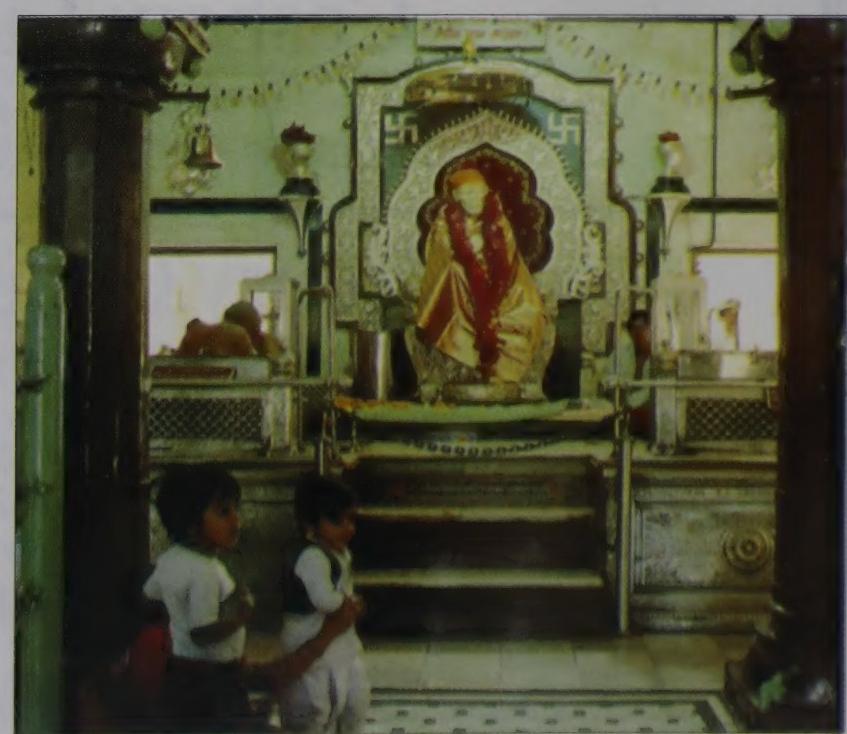
## URBAN PROGRESS

With an abundance of diverse raw material, Maharashtra contributed greatly to the country's economy and this has given rise to the growth of cities.

While Nagpur became famous for its oranges, Pune has been the cultural centre of India. Today industrial complexes are mushrooming in many urban centres - pharmaceuticals in Pune, heavy engineering in Sangli and Kolhapur, sugar cooperatives in Satara.

From an insignificant fishing village during the 17th century, Bombay rose to prominence under the British. With its cotton wealth and its thriving shipping industry set up under Parsi master-builders, its phenomenal development attracted the people from the hinterland. Gujaratis, Jews, Bohras, Parsis - all made it their home, and the public-spirited among them used their new-found wealth to adorn it so that during the first three decades of this century Bombay became the gateway to India.

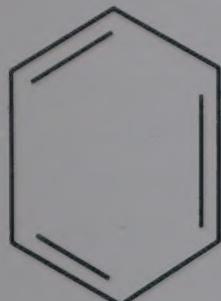
The city which houses the Bhabha Atomic Research Centre, The Tata Institute for Fundamental Research and the National Centre for the Performing Arts, the city which is in easy communication by air, sea and land with every part of the country and the world - still beckons.



Shrine of Saibaba, Shirdi



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